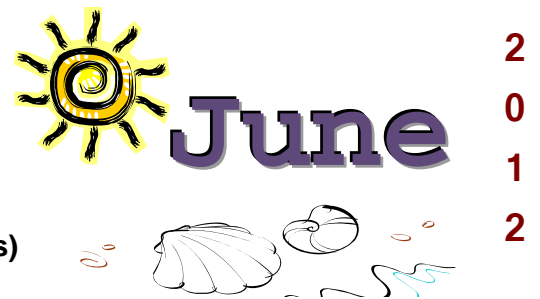






**Fremont Multi-Service Senior Center**  
40086 Paseo Padre Parkway (at Lake Elizabeth)  
Fremont, CA 94538  
790-6600 • 494-4539 (T.T.Y.) •  
www.fremont.gov



**Lunch: 12 noon (daily)**  
**Information Line: 790-6610 (Menu & Activities)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
++ Indicates class size is limited and pre-registration is required with the Senior Center prior to taking class.  ^^Indicates class size is limited and pre-registration is required through Paratransit by calling 510/574-2053  **Fee for class. See instructor for details  # Indicates class meets at the Fremont Comm. Center	<b>BREAKFAST AT THE SENIOR CENTER!</b>  If you like going out for breakfast, come to the Senior Center on <u>Monday</u> and <u>Wednesday</u> mornings 8 am to 9:30 am.  The menu varies each day but you will always have the option of one of two cooked to order breakfast and/or oatmeal.  Price is \$3/members and \$3.50/non-members	 <b>ANNOUNCING!!</b>  ZUMBA GOLD is coming to the Senior Center. Registration required at the office. Join the party!  Fit for Life on Thursdays <b>Free for first time users.</b> Sign up in the office prior to taking the class!		<b>1</b> 8:15 Senior Fitness 8:30 Walk This Way-Alumni 9:30-3 Washington on Wheels 9:30 Chinese Calligraphy 10:00 Bridge 11:00 Line Dance # 12:45 Needlecrafts 1:00 Garden Club 1:00 Karaoke Dance # 3:00 Tai Chi for Health  Garden Club Trip to Niles for Garden Tour.
<b>4</b> 8 – 9:30 BREAKFAST  8:15 Tai Chi 8:30 Quilters 8:30 Haircuts (appt/fee) 9:30 Tai Chi for Arthritis 10:00 Bingo! 10:00 Harmonica (Carlton Plaza) 12:30 Beg Spanish 12:30 Quilter's Lab 12:30 ID Photos (appt) 1:00 Book Talk 1:00 Painting 1:45 Spanish Immersion	<b>5</b> 8:00 Meditation 8:15 Senior Fitness 8:45 Yoga/Stretch 9:00 Yuanji Dance # 9 – 1 Blood Pressure Screening 10:00 Creative Writing 10:00 FISA - Yoga 11:00 Line Dance # 12:45 Los Amigos 12:45 Needlecrafts 12:45 Fremontaires 1:00 Karaoke Dance # 1:00 Bridge 3:00 Tai Chi Beg 4:00 Tai Chi Adv	<b>6</b> 8 – 9:30 BREAKFAST 8:15 Tai Chi 9:00 Cholesterol Scrn. (appt) 9:00 Softball Practice 9:30 Tai Chi for Arthritis ++ 10:00 Current Events 10:00 Taiwanese/Japanese Karaoke # Bingo! 12:00 INTERNATIONAL FOOD FESTIVAL (purchase tickets early)  12:15 Mah Jong 1:30 Drawing & Acrylic Painting 7:00 Woodcarvers	<b>7</b>  8:15 Fit For Life 9 - 1 Blood Pressure Screening 9 – 3 Chinese Club - Mah Jongg (fee) Yoga/Stretch 10:00 ESL 1:00 HICAP Health Insur (appt) 1:30 Pinochle & Games 2:00 Sr. Center Singers 2:00 Dance, \$4 3:30 "USS Hornet" Band Drop In Computer Lab	<b>8</b> 8:30 Walk This Way-Alumni 9:30 Chinese Calligraphy 10:00 Bridge 11:00 Line Dance # 12:45 Needlecrafts 12:00 Birthday Lunch  1:00 AARP Safe Driving ++  1:00 Birthday Celebration with THE FREMONTAIRES 1:00 Karaoke Dance # 3:00 Tai Chi for Health
<b>11</b> 8 – 9:30 BREAKFAST  8:15 Tai Chi 8:30 Quilters 9 :30 Tai Chi for Arthritis ++ 10:00 Harmonica (Carlton Plaza) 11:00 AARP Wing B 11:00 Muslim Support Net 12:30 Beg Spanish 12:30 Quilter's Lab 1:00 Book Talk 1:00 Painting fee** 1:00 AARP General Mtg 1:45 Spanish Immersion 2:00 HICAP Health Insurance Counseling (appt)	<b>12</b> 8:00 Meditation 8:15 Senior Fitness 8:45 Yoga/Stretch 9:00 Yuanji Dance # 9 – 1 Blood Pressure Scrn. 10:00 Creative Writing  10:00  EVENT  10:00 INSAF (Indo-Amer Sr.) 11:00 Line Dance # 12:45 Needlecrafts 12:45 Fremontaires 1:00 Bridge 3:00 East Indian Seniors 3:00/4:00 Tai Chi Beg/Adv	<b>13</b> 8 – 9:30 BREAKFAST  8:15 Tai Chi 9:00 Softball Practice Cholesterol Scrn. (appt) 9:00 Gentle Yoga 9:30 Tai Chi for Arthritis ++ 10:00 Current Events 11:00 Afghan Women 12:15 Mah Jong 1:30 Drawing & Acrylic Painting  7:00 Woodcarvers	<b>14</b>  8:15 Fit For Life 9 – 3 Chinese Club - Mah Jongg(fee) 9 – 1 Blood Pressure Screening 10:00 Yoga/Stretch 10:30 English as Second Language- Chinese 1:00 Chess & Ping Pong 1:30 Pinochle & Games 2:00 Sr. Center Singers 2:00 Dance, \$4 "Canyon Band" 3:00 Drop In Computer Lab	<b>15</b> 8:15 Senior Fitness 8:30 Walk This Way-Alumni 9:30 Senior Commission (meeting at Cottonwood, Peralta) 9:30 Chinese Calligraphy 9:30 ID Photos (appt) 10:00 Bridge 12:00 Father's Day Lunch (purchase tickets early) 12:45 Needlecrafts  1:00 AARP Safe Driving ++  1:00 Piano and Guitar 3:00 Tai Chi for Health  No FCC Classes until fall 2012
<b>18</b> 8 – 9:30 BREAKFAST  8:15 Tai Chi 8:30 Quilters 8:30 Haircuts (appt/fee) 9:30 Tai Chi for Arthritis ++ 10:00 Bingo! 10:00 Estate Planning (appt) 10:00 Harmonica (Carlton Plaza) 12:30 Beg Spanish 12:30 Quilter's Lab 1:00 Book Talk 1:00 Painting** 1:45 Spanish Immersion	<b>19</b> 8:00 Meditation 8:15 Senior Fitness 8:45 Yoga/Stretch 9 – 1 Blood Pressure Screening 10:00 Creative Writing 10:00 FISA - Yoga 12:45 Needlecrafts 12:45 Fremontaires 1:00 Legal Assistance For Seniors (Appt) Bridge 1:00 Tai Chi, Beg 3:00 Tai Chi, Adv  No FCC Classes until fall 2012	<b>20</b> 8 – 9:30 BREAKFAST  8:15 Tai Chi 9:00 Gentle Yoga 9:00 Softball Practice 9:00 Cholesterol Scrn. (appt) 9:30 Tai Chi for Arthritis ++ 10-3 Bingo! 10:00 Current Events 12:15 Mah Jong 1:30 Drawing & Acrylic Painting 3:30 Computers Intro 7:00 Woodcarvers  No FCC Classes until fall 2012	<b>21</b> 8:15 Fit 4 Life 9- 3 Chinese Club Mah Jongg (fee) 9 - 1 Blood Pressure Screening Yoga/Stretch 10:00 ESL 1:00 HICAP Health Insur. Counseling (appt.) 1:00 Chess & Ping Pong 1:30 Pinochle & Games 2:00 Sr. Center Singers 2:00 Dance, \$4 with "Richard Herman Trio" 3:00 Drop In Computer Lab	<b>22</b> 8:15 Senior Fitness 8:30 Walk This Way-Alumni 9:30 Chinese Calligraphy 9:30 ID Photos (appt) 10:00 Bridge 11:30 NARFE (Wing B) 12:00 Lavender Seniors meet Meet for Lunch 1:00 Lavender Seniors Mtg. 12:45 Needlecrafts 1:00 Piano and Guitar 3:00 Tai Chi for Health  No FCC Classes until fall 2012
<b>25</b> 8 – 9:30 BREAKFAST  8:15 Tai Chi 8:30 Quilters 9 :30 Tai Chi for Arthritis ++ 10:00 Harmonica (Carlton Plaza) 12:30 Beg Spanish 12:30 Quilter's Lab 1:00 Book Talk 1:00 Painting fee** 2:00 HICAP Health Insurance Counseling (appt) 1:45 Spanish Immersion	<b>26</b> 8:00 Meditation 8:15 Senior Fitness 8:45 Yoga/Stretch 9 – 1 Blood Pressure Screening 10:00 Creative Writing 12:45 Needlecrafts 12:45 Fremontaires 1:00 Bridge 3:00 East Indian Seniors 3:00 Tai Chi, Beg 4:00 Tai Chi, Adv  No FCC Classes until fall 2012	<b>27</b> 8 – 9:30 BREAKFAST  8:15 Tai Chi 9:00 Gentle Yoga 9:00 Softball Practice 9:00 Cholesterol Scrn. (appt) 9:30 Tai Chi for Arthritis ++ 10:00 Current Events 11:00 Afghan Women 12:15 Mah Jong 1:00 Footcare (Appt) 1:30 Drawing & Acrylic Painting 7:00 Woodcarvers  No FCC Classes until fall 2012	<b>28</b>  8:15 Fit For Life 9:30 Chinese Club Mah Jongg (fee) 9 - 1 Blood Pressure Screening Yoga/Stretch 10:00 ESL 1:00 Chess & Ping Pong 1:30 Pinochle & Games 2:00 Sr. Center Singers 2:00 Dance \$4 with "The Casuals" 3:00 Drop In Computer Lab	<b>29</b> 8:15 Senior Fitness 8:30 Walk This Way-Alumni 9:30 Chinese Calligraphy 9:30 ID Photos (appt) 10:00 Bridge 12:45 Needlecrafts 1:00 Piano and Guitar 3:00 Tai Chi  No FCC Classes until fall 2012